



# February 2023

# Dream Big!

A Publication of Oshkosh/  
Winnebago County  
Housing Authority's  
**Family Self Sufficiency Program**



Valentine's  
Day

600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator  
920-424-1470 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

#### What's Inside:

- February Letter
  - Rent Smart
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- FREE Tax Preparation
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- Anger Management
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Dear FSS participants (and community members),

Please wish a Happy February Birthday to Gloria! I hope your birthday is fabulous and you are finding a little time to take a step towards your goals.



Check out these happenings and many more in this February newsletter:

**Fox Cities Habitat Homebuyer Sessions:** Are you interested in becoming a Habitat for Humanity homeowner? We hope that the Habitat program can help you succeed on your journey towards homeownership. If you are unsure about whether you qualify or if Habitat for Humanity is the right fit for your housing needs, we encourage you to attend a one-hour informational session on **February 8th** to learn more. See page 9 for more details.

**Oshkosh Habitat Homebuyer Applications:** Oshkosh Habitat applications are available **April 15th-June 15th** by visiting them at the Oshkosh ReStore located at 1640 S. Koeller St, online at: [www.habitatoshkosh.org/home-buyer-program](http://www.habitatoshkosh.org/home-buyer-program), Call (920) 235-3535 or Email request at: [apply@habitatoshkosh.org](mailto:apply@habitatoshkosh.org). Oshkosh program spots are currently filled through 2023. Recruitment for the 2024 build season will begin April 15, 2023. Contact us to be added to our contact list for 2024. See page 10 for more details.

Please read the rest of this newsletter with educational, employment and community opportunities. I wish you and your family a very Happy and Healthy February! Let's continue to strive to meet your goals and strengthen your self sufficiency. And as always, please let me know how I can help you by calling me at 920-424-1470 ext. 133 or emailing me at [kayh@ohawcha.org](mailto:kayh@ohawcha.org).

**Your success is my success.**

Warm Regards,

Kay Hinton

FSS Coordinator

♥ happy ♥  
Valentine's  
♥ day ♥



# Rent Smart

**Taught by Extension Educators**

*Helping to make renting a great experience for you!*

## 2023 Online Class Dates & Times:

**January:** 10, 12, 17, 19, 24, 26 @ 1:00PM-2:00PM; Tue/Thurs

**February:** 7, 10, 14, 17, 21, 24 @ 9:00AM-10:00AM; Tue/Fri

**March:** 13, 15, 20, 22, 27, 29 @ 7:00PM-8:00PM; Mon/Wed

**April:** 10, 13, 17, 20, 24, 27 @ 1:00PM-2:00PM; Mon/Thurs

**May:** 6, 13, 20 @ 9:00AM-11:30AM; Saturday

**June:** 13, 16, 20, 23, 27, 30 @ 9:00AM-10:00AM; Tue/Fri

**Location:** Online, live instruction via Zoom; links will be sent after registration

**To register, use this link OR scan the QR Code:**

<https://go.wisc.edu/Rentsmartregister>



**Cost:** **FREE!**

### What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**
- **For more information, please contact [todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu) (920-232-1982) OR [amanda.kostman@wisc.edu](mailto:amanda.kostman@wisc.edu) (262-741-4951)**

An EEO-Affirmative Action Employer, UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.







## Career EXCELerate | Wisconsin

**Personalized Job Training and Support Services to Transform Lives**

A collaborative program from Goodwill NCW, FVTC and Rawhide

### Know Someone Who Could Benefit from Free Job Training?

**Career EXCELerate Wisconsin** provides education, wraparound services and guaranteed employment.



**To Refer a Candidate:**  
visit. [careerEXCELeratewi.org](http://careerEXCELeratewi.org)  
call or text. **920-204-7002**



This project is being supported, in whole or in part, by federal award number SLFRP0135 awarded to Goodwill via the Wisconsin Workforce Innovation Grant Program by the U.S. Department of the Treasury.





## What is VITA?

VITA = Volunteer Income Tax Assistance

The Volunteer Income Tax Assistance (VITA) program provides free, quality tax preparation from IRS-certified preparers to individuals and families earning up to \$60,000 annually. Taxpayers who were previously ineligible, and those who do not have a filing requirement, may not realize they need to file a tax return to claim these credits. These credits are: Earned Income Credit, Child Tax Credit, and Child Care Credit. Let VITA help you file for free and get all your money.



***UW-Oshkosh site:*** Appointments available from February 6 to March 29, 2023. UW-O offers the VITA program (Volunteer Income Tax Assistance) that provides free basic tax return preparation for low-to-moderate income and elderly taxpayers. The program is run by students and other community volunteers. Starting February 1st you can call **920.424.3486** to schedule an appointment.

***Goodwill Menasha site:*** Meet with an intake specialist and let our IRS-certified volunteers prepare your return. We are located inside the Goodwill Retail Store and Training Center at 1800 Appleton Road, Menasha, WI 54952. There will be no walk-in services for the 2022-2023 tax season. For an appointment call **920-968-6044** after 1/26/2023 or go to **goodwillncw.org/vita/**.

In-Person Valet VITA Hours (Appointment Only)

Monday-Thursday: 12:30-5:30 p.m.

Saturday: 8:00 a.m. – 12:00 p.m.

**AARP Free Tax assistance** with a special focus on taxpayers who are age 50 years old or older.

Neenah/Menasha area: call (920) 215-1040 for an appointment

Oshkosh area: Call (920) 385-6756 for an appointment.

## Next Pop-Up Food Pantry is Saturday, February 18, 2023

491 Old Oregon Road, Oshkosh, Wisconsin 54902

### DAYS AND HOURS

3rd Saturday of the Month

Registration begins at 9:30 AM

Food bundles available 9:30-11:00 AM

Hosted by: St. John's Lutheran Church of Nekimi

For a \$25 bundle donation, you will receive \$150+ in groceries. Please bring 2 boxes.



# Winnebago Literacy Classes

## Weekly Class Schedule

### Oshkosh Public Library

**Mon:**

Beginner English 9 - 11 am

More English! 12 - 2 pm

**Wed:**

Beginner English 9 - 11 am

### Menasha Public Library

**Tue:**

Functional English 9- 11 am

**Wed:**

Functional English 6:00 - 8:00 pm

### St. Andrew's Church

**Tue:**

Women & Children's English 12 - 2 pm

**Thurs:**

Women & Children's English 12 - 2 pm



WINNEBAGO AREA  
**LITERACY  
COUNCIL**

For more information, please call Winnebago Area Literacy Council at (920) 236-5185 .

Address: 106 Washington Ave, Oshkosh, WI 54901

## Anger Management for Parents

### Parent Education Workshop



There are times that we find ourselves crabby, frustrated or angry with the people we love. Learn basic skills to help manage your own anger, to improve your relationships & to create a more harmonious home! We spend time talking about our own anger triggers and responses as a way to lead into understanding how to help our children.



**Hybrid Workshop!**  
**Join Us In-Person!**  
**Enjoy Our Free Childcare!**  
**Or join us online!**

**Monday, February 6**  
**Appleton - 6:00-8:00 pm**  
**Cost: \$10.00 per person**

**Register On-line**  
**Family Services Website:**  
[www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)

**Parent Connection Facebook Events:**  
[www.facebook.com/ParentConnectionWI/events](http://www.facebook.com/ParentConnectionWI/events)

**Or contact Jen DiMatteo**  
[jdimatteo@familyservicesnew.org](mailto:jdimatteo@familyservicesnew.org)  
(920) 739-4226 ext. 109  
*Ask me about our scholarships! Scholarships available to families in our service areas*



Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.

**Fox Cities:** 1810 Appleton Road, Menasha WI 54952 | (920) 739-4226

**Oshkosh:** 36 Broad Street, Suite 150, Oshkosh 54901 | (920) 233-6630

**Shawano:** 607 E. Elizabeth Street, Shawano, WI 54166 | (715) 853-0923

[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)





# Positive Discipline

## Positive Discipline Parent Education Workshop



There is a difference between discipline and punishment, and the two should not be confused. This course will talk about discipline as structure and routine, communication and being our children's role models.

As parents, we want to build up our children's positive behaviors and sense of self-esteem, not break down all the wonderful aspects of their personalities and opportunities. Let's talk about how we can start Positive Discipline in our homes today!



**Hybrid Workshop!**  
Join Us In-Person!  
**Enjoy Our Free Childcare!**  
Or join us online!

Monday, February 13  
Appleton - 6:00-8:00 pm  
Cost: \$10.00 per person

**Register On-line**  
**Family Services Website:**  
[www.familyservicesnew.org/parenting-classes](http://www.familyservicesnew.org/parenting-classes)

**Parent Connection Facebook Events:**  
[www.facebook.com/ParentConnectionWI/events](http://www.facebook.com/ParentConnectionWI/events)

**Or contact Jen DiMatteo**  
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Dear Potential Applicant(s):

Thank you for expressing an interest in becoming a Habitat for Humanity homeowner. We hope that the Habitat program can help you succeed on your journey towards homeownership.

If you are unsure about whether you qualify or if Habitat for Humanity is the right fit for your housing needs, we encourage you to attend a one-hour informational session to learn more.

**Habitat Homebuyer Readiness  
Informational Sessions**

February 8<sup>th</sup>, 2023

10 a.m., 4 p.m., or 6 p.m.

For more information go to our website:

**[foxcitieshabitat.org/homebuyer](http://foxcitieshabitat.org/homebuyer)**

If you feel you are ready to apply, please follow the steps on page 3.

**NEXT OPEN APPLICATION PERIODS**

February 8<sup>th</sup> - March 8<sup>th</sup>, 2023

Thank you for contacting Habitat for Humanity. We hope to hear from you soon!

Habitat for Humanity  
Family Services Department

\*Habitat for Humanity is a household program. All adult income will be counted.





## Habitat for Humanity®

of Oshkosh, Inc.

### Are you interested in becoming a Habitat Home Buyer?

Habitat for Humanity Oshkosh builds new construction homes within the city of Oshkosh and sells them to qualified families at no profit.

Families help build their home and make monthly mortgage payments. Homes are made affordable through volunteer labor, down payment assistance programs and 0% interest mortgages provided by Habitat.



Visit us at the Oshkosh ReStore  
(1640 S Koeller St.) or online:

**[HABITATOSHKOSH.ORG/HOME-BUYER-PROGRAM/](http://HABITATOSHKOSH.ORG/HOME-BUYER-PROGRAM/)**

**Pre-Applications available April 15<sup>th</sup> - June 15<sup>th</sup>**

**Interested applicants must meet the below qualifications:**

#### Need for Adequate Housing

Based on current housing conditions, there must be a demonstrated need in order to qualify for a Habitat home. Some examples of need include overcrowding, structural/mechanical problems, mold, insects, etc.

#### Ability to Pay

Ability to pay is determined through the information provided on the application, pay stubs, benefit statements, previously filed federal tax returns, and credit reports. Gross income must fall within 30-60% of the median income. Applicants must have a steady, reliable source of income and demonstrate financial responsibility.

#### Willingness to Partner

Habitat Home Buyers must be willing to complete "Sweat Equity" hours. Sweat Equity is when a family takes part in building their home, working at our ReStore, or other Habitat activities.

#### Residency

Qualified candidates will have lived in or worked in the City of Oshkosh for at least six months prior to submitting an application.

**Contact Elizabeth Last for more information 920-235-3535 or [elast@habitatoshkosh.org](mailto:elast@habitatoshkosh.org).**

We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support affirmative advertising and marketing in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status, or national origin.





# FREE Open Skate

Family Self Sufficiency



## WINTER SKATING

*Menominee Park Zoo's Lagoon*

### LAKEFLY CAFE WARMING SHELTER

- Free Skate Rentals
- Free Cross-country Ski Rentals from 1-3 pm on January 7-8 and February 18-19, compliments of the International Youth Sailing of Oshkosh
- Register for Cross-country Ski Instruction with the Oshkosh Recreation Department at [www.oshkoshrecdept.com](http://www.oshkoshrecdept.com)

Open Skate Hours

**January 7 through February 19**  
**Saturdays and Sundays, 12 to 4 pm**

*Upcoming Events*

**Friday, February 10 – Special Event from 12 to 4 pm**

Winter Skating at Menominee Park Zoo, 520 Pratt Trail, Oshkosh  
Rink will be open when weather and ice conditions permit



**CONNECTION CARE****'JUST FOR ME' SERIES****WHAT?**

A monthly (virtual) offering to invest in your own healing and wellbeing. Karen Iverson-Riggers and Lynn McLaughlin, with Ebb & Flow Connections Cooperative, will lead the monthly sessions.

**WHY?**

Because remaining in a state of languishing and burnout is unsustainable, and we care about you and your wellbeing.

**WHEN?**

Monthly, on the 3rd Thursday, on Zoom.  
TWO OPTIONS: 7:30 - 8:30 a.m.  
AND 11:30 a.m. - 12:30 p.m.

**Jan. 19 - MeCPR/Self & Community Care**

There is so much talk around self care and taking responsibility for our well-being. This becomes detrimental when the burden of well-being is put on the individual exclusively. Learn about the revolution of meCPR and healing through connection.

**Feb. 16 - Rest & Radical Rest**

What would it be like to live in a well rested world? Far too many of us have claimed productivity as the cornerstone of success. Explore the liberating practices of rest, daydreaming, and naps as a foundation for healing and justice.

**March 16 - Pandemic Recovery & Grief**

Grief is a constant in life. Whether it's a small change or the loss of a loved one, our lives are impacted and we experience the process of letting go... and it looks different for everyone. In the context of pandemic recovery, what grief are you holding...and what's holding you?

**April 20 - Imagination & Curiosity**

We can learn so much from the lens through which children see our world. Let's imagine together and lean into the practice of curiosity instead of judgment - for our experiences, emotions, and the other humans around us!

**May 18 - Science/Biology of Emotion**

We live in a culture that values thought and logic over emotion, but science has proven the detrimental physical and mental effects of pushing emotion aside and suppressing them. Emotions are the missing piece in our wellness journey.

**June 15 - Personal Processing of Emotion**

What's your relationship with emotion? Are some emotions more comfortable to express? Come explore our awkward, messy relationship with emotion and embrace a new way of being present with emotion.

**July 20 - Discomfort**

One of the most important lessons in life is recognizing that it is often uncomfortable. This is especially true when it comes to sitting with emotion. What are the ways you avoid discomfort (social media, food, alcohol, "doing,"...)? Becoming aware of our discomfort and pausing long enough to recognize it builds self awareness and growth.

**Aug. 17 - Both/And**

Break the binary! Our brains are conditioned to work in either/or and try to put things into boxes. This has served us as a survival instinct, but doesn't work well for most of our human experience. Come explore the practice of both/and in processing our experiences and honoring emotion.

**Sept. 28 - Mistake Making**

Find the power in the vulnerability of mistakes! Our value does not come from being perfect. When we embrace our raw humanness and share vulnerably with others, we learn how to embrace mistakes and find courage to take risks.

**Oct. 26 - Healthy Boundaries**

We often hear about the importance of setting boundaries as a way of practicing self-care, but what about emotional boundaries? How do you intentionally create space for awareness of your emotion as well as recognizing how your body reacts to the emotions of others? This exploration of boundaries allows for individual awareness and intention.

**Nov. 16 - Supporting Others**

Brené Brown said "We cannot be more connected to others than we are to ourselves." Over the past year, we've explored deepening connection within ourselves. Learn how this connection serves us in supporting others to connect within themselves.

**Dec. 21 - Connection is Prevention**

Connection within ourselves to hear our own voice can be life saving. Deep connection where we feel seen and heard is empowering and revitalizing. Connection is prevention, and continuing practice.



Scan for Zoom link, or copy link:

<https://us06web.zoom.us/j/96147135643?pwd=REk4NjA2M01yS1lLVl0VXBXMKd1Zz09>

Meeting ID: 961 4713 5643

Passcode: 791803





# Wise Wisconsin

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

**One-hour sessions on Wednesdays at 9am**

**February 1st - March 8th, 2023 via zoom**

## February

**1st** - Age-related hearing loss: Strategies for adults with (or without!) hearing loss

**8th** - Do YOU know how Valuable you are? The power of connections!

**15th** - Be Scam Smart

**22nd** - Bigger than a breadbox? the Biggest Breadbox Ever!

## March

**1st** - Celebrate Nature

**8th** - Container Gardening

Register here:

<https://go.wisc.edu/o5621b>



Check out

<https://go.wisc.edu/i2165a>

for more details.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Email Sara Richie, Life Span Program Manager, at [sara.richie@wisc.edu](mailto:sara.richie@wisc.edu) with any questions.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



## Online Job Searching Lab

**Wednesdays at the  
Fox Valley Job Center**  
1802 Appleton Rd, Menasha  
**2:30pm to 4:00pm**

Wednesdays at the  
Oshkosh Public Library  
106 Washington Ave, Oshkosh  
1:00pm to 4:00pm  
For an appointment call 920-236-5205

### **STRUGGLING WITH YOUR ONLINE JOB SEARCH?**

- + Looking to reduce the amount of time it takes to complete your work search?
- + Want to learn how to navigate the keyboard?
- + Don't know the difference between left click and right click?
- + Need to know how to attach your resume to a job application?

**Learn from the experienced staff members  
on how to search and apply for jobs online**

The lab covers a particular topic that you can learn and practice to become an independent computer user. Topics run on a 4-week rotation, and you can start during any week.

- + **Week 1** – Meet your mouse and keyboard. Learn how to use and be friends with your computer equipment. \*Guided tutorial format
- + **Week 2** – Everything you want to learn about email. Setting up, storing usernames/passwords, sending and replying to emails. \*Guided tutorial format with practice session
- + **Week 3** – Navigating Online Applications – Open forum for questions on applying online through Job Center of Wisconsin, Indeed, LinkedIn and specific employers' websites including attaching resumes from smart devices
- + **Week 4** – Using JCW tools to strengthen your work search activities. Learn about skills match and different search features, Skill explorer and other Labor Market Info.

**Space is very limited. Call 920-997-3272 to reserve your spot TODAY!**



A proud partner of the **AmericanJobCenter** network

The Fox Valley Workforce Development Board and its partners are equal opportunity employers and service providers.

## State Street Center

(206 State St. Oshkosh)

Are you working to manage your mental health or substance use disorder? Stop in.

**Monday – Friday**  
**9 am - 3 pm**

**9:00 OPEN** - Journaling Group

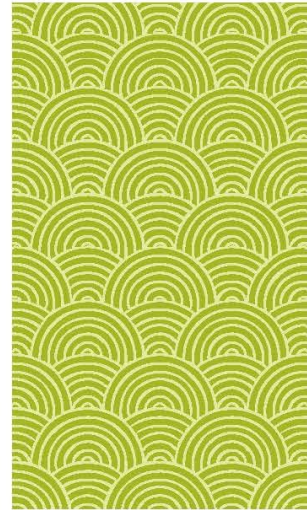
10:00 Art Group

11:00 Coping Skills & **MONDAYS –  
SEEKING SAFETY GROUP** (Trauma &  
Substance Use)

1:00 Mindfulness Group & **TUESDAYS –  
SMART RECOVERY** (Addiction)

2:00 Group Games

**3:00 CLOSED**



# Whole Wheat Bread Recipe

**SPEND SMART. EAT SMART.®**

[Get Help Buying Healthy Foods](#)

## No Knead Whole Wheat Bread

Serves: 16 Cost/Serving: \$0.12 Serving Size: 1 slice

### INGREDIENTS

- 1 1/4 cups (10 ounces) nonfat milk, lukewarm (100–110F)
- 1/4 cup (2 ounces) orange or apple juice
- 3 tablespoons honey
- 1 teaspoon salt
- 1 packet instant yeast (about 2 1/4 teaspoons)
- 2 cups whole wheat flour
- 1 1/4 cups all purpose white flour

### INSTRUCTIONS

- 1 Grease the sides and bottom of an 8 1/2" x 4 1/2" loaf pan with cooking spray or spread.
- 2 Combine the lukewarm nonfat milk, juice, and honey in a large bowl.
- 3 Add the remaining ingredients. Beat vigorously for 3 minutes. Dough will be very thick. Scoop the dough into prepared pan. Cover the pan with a clean towel. Let the dough rise in a warm place for 45–75 minutes, until almost double. Time varies according to room temperature.
- 4 Preheat oven to 350° F when dough is almost doubled.
- 5 Remove towel and bake bread for about 30 minutes. Dough will pull away from sides of pan when bread is done. Let bread cool 30 minutes before slicing.

We loved this recipe!  
So easy and cheap to make. Give it a try.

### Nutrition Facts

16 Servings Per Recipe  
Serving Size: 1 slice

Amount Per Serving

**Calories 110**

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrates 23g 8%

Dietary Fiber 2g 7%

Total Sugars 5g

Added Sugars NA\*

**Protein 4g**

Vitamin D 0.2mcg 1%

Calcium 31mg 2%

Iron 1mg 6%

Potassium 112mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA\* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Be Mine Valentine



IOWA STATE UNIVERSITY  
Extension and Outreach